



Parent to Parent  
Presents:



# Children and Nutrition

**Date:** Monday, November 8th

**Time:** 6PM–7:30PM

**Location:**

**Cooperative Extension Office  
66 Spears Drive  
Taylorsville, KY**

**\* FREE!      Childcare (all ages)**

**\* FREE!      Dinner**

**\* FREE!      Door Prizes!**

*Just let us know you are coming so we  
can have enough food and childcare  
providers for everyone!*

*Please RSVP at 502-477-9917.*

## • Does your child only eat Hamburgers, Hot Dogs and Chicken Nuggets?

Sometimes it's a financial issue. Sometimes it's because our children only have taste buds for junk food. However, we all need good nutrition to help reduce ill health, tiredness, and obesity. Allison Lewis, Family and Consumer Science Agent for Spencer County, will be giving us a helpful hints on how to prepare a healthy, inexpensive meal that your child will love to eat.

Our Parent Support Group is designed to give you practical and helpful advice to help strengthen you as a parent. Best of all, you will meet other parents and caregivers just like you who want the best for their children and families!

**\*\*\* We Support ALL Spencer County Families \*\*\***

**Please RSVP to:**

**Renita Murphy  
502-477-9917**

Spencer County "Parent to Parent" Support Group is made  
possible by funding through OFL and Seven Counties Services.

Parent Support Groups provide:      \* Advocacy \* Encouragement \* Empowerment \* Friendships \* Knowledge  
\* Natural Supports \* One Voice \* Training \* Understanding